

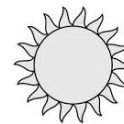


# Northampton Aquatic & Family Center JFK Middle School, 100 Bridge Rd., Florence



## POOL SCHEDULE SPRING 2016

**February 22 - June 26, 2016**



**AFC: 413-587-1046, Activity/cancellation hotline: 413-587-1044**

AFC is closed when school is closed due to inclement weather

*Proper swimming attire is required, no cotton clothing.*

*Please contact the Aquatics Supervisor if your group is 8 or more or during birthday parties to ensure proper staffing levels.*

<b>MONDAY:</b>	6:00 - 7:00 am 7:00 - 7:25 am 3:00 - 6:00 pm 6:00 - 6:45 pm	Lap Lap / Aerobics *Aerobics until 7:40 am Lap / OPEN (open swim 1 lane) Lap / OPEN
<b>TUESDAY:</b>	6:00 - 7:40 am 4:00 - 6:00 pm 6:00 - 7:00 pm	Lap Lap / OPEN (open swim 1 lane) Lap / Aerobics
<b>WEDNESDAY: :</b>	6:00 - 7:00 am 7:00 - 7:25 am 3:00 - 6:00 pm 6:00 - 6:45 pm	Lap Lap / Aerobics *Aerobics until 7:40 am Lap / OPEN (open swim 1 lane) Lap / OPEN
<b>THURSDAY:</b>	4:00 - 6:00 pm 6:00 - 7:00 pm	Lap / Swim Lessons Lap / Aerobics
<b>FRIDAY:</b>	6:00 - 7:00 am 7:00 - 7:25 am 3:00 - 6:30 pm	Lap Lap / Aerobics *Aerobics until 7:40 am Lap / OPEN (open swim 1 lane)
<b>SATURDAY:</b>	9:30 - 11:30 am 11:30 - 5:00 pm Note: Birthday Parties 2:00-3:15 p.m. some Saturdays	Lap / Swim Lessons Lap / OPEN
<b>SUNDAY:</b>	11:00 - 4:30 pm Note: Birthday Parties 2:00-3:15 p.m. some Sundays	Lap / OPEN / Free Community Senior Swim

**LAP** = Lap swimming

**OPEN** = For anyone  
to come & have fun.

*\*Pool and AFC Closed: 3/3, 4/18, 5/30*

*Additional open/lap swim times during the school vacation week in April.  
Check our website for detailed schedule.*

**SCHEDULE IS SUBJECT TO CHANGE**

**LAP SWIMMING ETIQUETTE; PLEASE READ:** Lap lanes are available for adults (16 years or older). If a lane is empty, children may swim LAPS in the lane. When an adult arrives, though, the child must leave the lane. When swimming alone you have the entire lane; 2 people split the lane; 3 or more swim in circles: up one side and down the other. Speed is not important; faster people will pass slower people and everyone works at their own pace. Please inform all other swimmers when you join a lane, to prevent accidents. Lockers are for day use only.

AFC at JFK Middle School, 100 Bridge Rd., Florence, MA  
Monday-Friday, 4:00-8:00pm, Saturday 10:00am-5:00pm & Sunday 11am-4:30pm, 587-1046 or  
Northampton Parks and Recreation Dept., 90 Locust St., Northampton, MA  
Monday-Friday, 8:30am-4:30pm - 587-1040  
[www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation)